

Physical Activity in Washington

Facts about physical activity Washington State:

Physical Activity:

- Benefits of regular physical activity include reduced rates of heart disease, high blood pressure, colon cancer, type 2 diabetes, falls and fractures, and obesity.
- In 2000, only 27.0% of Washington adults were moderately active at the state recommended level during their leisure time.
- Persons should participate in moderate physical activity (like walking briskly) at least 30 minutes a day, 10 minutes at a time, 5 days a week.

For more information about nutrition, physical activity, and obesity contact:

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Fact Sheet

The Cardiovascular, Diabetes, Nutrition and Physical Activity Section at the Department of Health (DOH) is committed to increasing physical activity in Washington State. Program efforts include:

- **Creating Active Community Environments (ACE)** – DOH, Department of Transportation, National Park Service, and the Office of Community, Trade and Economic Development are working together to support communities to develop environments that promote physical activity and eliminate the barriers for people who wish to be more physically active.
- **Developing safe and active routes to schools** – DOH is currently working with the Department of Transportation, The Office of Community, Trade and Economic Development, Action for Healthy Kids, the Bicycle Alliance, the Washington Coalition for Promotion of Physical Activity to encourage schools and cities to develop and maintain safe and active routes for kids to walk and bike from school.
- **Promoting physical activity across the state by:**
 1. Promoting the Washington State Nutrition and Physical Activity Plan. The plan provides a framework for policy makers at the state, local and institutional levels to support and build environments that make it easier for Washington State residents to choose healthy foods and to be physically active. The goals are to:
 - slow the increase in the proportion of adults who are obese
 - reduce rates of chronic disease
 - improve the quality of life
 2. Supporting the efforts of the Washington Coalition for Promoting Physical Activity (WCPPA). The coalition of public and private sector enthusiasts works to promote the public health recommendations for physical activity. Providing technical support to local physical activity coalitions and communities.

Our mission is to promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.